



THE CAMPUS HERALD

Volume 23 Issue 2

Johnson & Wales University - Providence, Rhode Island

Wednesday, October 2, 2002

ACE Hall Petitions against RIPTA

Another way students opinions make a difference

By Michael Gibbons

Johnson & Wales University 2002-2003 school year began with a different look. The university transportation system merged with RIPTA, Rhode Island Public Transportation Authority, bus service to provide students with a professional transportation system that is free.

Johnson & Wales scaled back the JWU buses and has since had RIPTA service students to and from all areas of the campus as well as the state of Rhode Island.

Many students feel that RIPTA is the best improvement Johnson & Wales has made for a long time. Carneil Brooks, a freshman, says, "It's all right, I like the fact that we get to ride around the city for free." Some freshmen like the idea of taking public transportation for free, and are very comfortable. Although, other students do not feel likewise. Questions of safety are a direct link between a student's comfort level.

Unlike the usual JWU buses, the RIPTA buses will be driven by bus drivers hired by RIPTA through the city. The JWU bus drivers are staff of Johnson & Wales and are therefore hired through the University. Unlike the usual JWU buses, the RIPTA buses will host a diverse crowd of people. These people may be comprised of business professionals, small children, full-time mothers, and quite possibly men and women without the comfort of homes.

A diverse crowd is to be expected on a public transportation system, but the issue of safety is confronted when a private university mixes public transportation with the student community.

Students at A.C.E. Hall (Academic Center East) speak out about the issue, to make a difference. Recently a group of students started a petition against RIPTA.

"Buses are never on time, and they have too many breaks," says Tiffani Odige, a commuter residing in Warwick, See RIPTA on page 13

THE INSIDE LOOK TO RIPTA



Students outside of McNulty Hall awaiting a trip to the dorms

PHOTO BY Angel Trueblood



JWU students patiently waiting to arrive at Edmund Hall in East Providence

Photo By Angel Trueblood

JWU Prepares for a Mardi Gras Homecoming

courtesy of Student Activities

The Big Easy takes over the Providence campus during this year's Family Weekend and Homecoming

Student Activities and student groups are preparing for an exciting weekend of events as Johnson and Wales kicks off this year's Family Weekend & Homecoming.

Festivities begin on Friday evening as faculty, staff, students, and families gather at the Johnson & Wales Inn for the Mardi Gras Kick Off. Extraordianist, Craig Karges is

scheduled to amaze students and their families with a blend of mystery, humor, psychology, and intuition. Karges has made over thirty national appearances from the Tonight Show and Larry King Live to Roseanne.

Student organizations will astonish judges and parents with performances and extravagant floats in this year's Fat Tuesday Parade on Saturday morning. The parade will also feature this year's Homecoming King and Queen.

See HOMECOMING on page 13

NEW RIPTA EXPRESS BUS SCHEDULES SERVICING A.C.E. HALL

Morning Schedule

Departs	Arrives
Montibello	Gaebe Commons
7:15am	7:35am
7:20am	7:41am
7:54am	8:14am
8:21am	8:41am
8:35am	8:55am

Afternoon Schedule

Departs	Arrives
Gaebe Commons	Montibello
2:09pm	2:35pm
3:24pm	3:50pm
3:51pm	4:17pm
4:30pm	4:56pm
5:04pm	5:30pm

INSIDE TECH



NEW COLINARY PAGE
SEE PAGE 6

THE OFF CAMPUS STUDENT
SEE PAGE 3



FEATURE STORY: JWU Food:
Nutrition vs. Freshman 15
SEE PAGE 11



wildcat sports
page 12

Today	Thursday	Friday	Saturday	Sunday
Partly Cloudy High 81 Low 56	Partly Cloudy High 70 Low 51	Mostly Cloudy High 74 Low 54	Showers High 73 Low 52	Partly Cloudy High 68 Low 48

J & W CRIME ALERTS

September 13, 2002

A male resident student reported being approached by a subject as he was alking on Weybosset Street at the intersection of Chestnut Street at approximately 1am. The subject asked the student for his wallet. The student told the subject he did not have a wallet. The subject asked for the student's cell phone, which was turned over, along with some cash. The subject then fled in an unknown direction. Providence Police were notified. Suspect described as: Black male, early 20's, 6'2", thin, wearing dark sweatpants and a white t-shirt.

September 14, 2002

A male resident student reported to Security that when he returned to his room at Renaissance Hall at approximately 1am he discovered the window screen had been ripped. His desk drawers were open and it appeared that someone had gone through his belongings, as well as his roommates. A laptop computer and a small amount of change is reported missing.

September 14, 2002

Providence Police arrested a male student at The Fish Company and charged him with: Failure to Move, Disorderly Conduct, and Age Misrepresentation.

September 19, 2002

A male student reported being approached by two subjects as he was exiting the Providence Place Mall at approximately 3pm. The males were taunting the student. The student was punched in the face by one subject and the second subject tried to slap him. Suspect #1: Black male, 5'10", 200 lbs., short hair, clean cut, white shirt, khaki pants. Suspect #2: Black male, 5'10", 200lbs., dread locks, white shirt, khaki pants. The student refused medical treatment for a bloody nose and declined to file with Providence Police.

September 20, 2002

Providence Police responded to 767 Blackstone Boulevard for a loud party. Police issued fines to five females tenants. The tenants are J&W students.

September 21, 2002

A male resident student was arrested by Providence Police and charged with Disorderly Conduct when he was involved in a fight with a non-student on Dorrance Street at 12:36am.

September 22, 2002

A male resident reported being approached by four males as he was walking on Indiana Avenue at approximately 1:30am. The subjects began punching and kicking the student. During the assault the subjects took the students cell phone and wallet. Because the student was attacked so quickly he could only identify his attackers as four black males. Providence Police were notified.

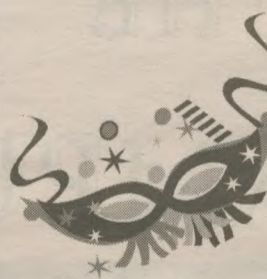
September 23, 2002

A male resident student was arrested by Providence Police at McNulty Hall and charged with possession of marijuana.

SAFETY TIP OF THE WEEK

Textbooks are often targeted by thieves. Keep yours safe by putting an identifying characteristic -- your name, a certain # -- along the binding on the same page in each book. If your books are stolen, you can tell bookstore personnel and public safety to "look for the initials along the binding on page 22 of each book" to identify them.

THIS WEEKEND.....



MARDI GRAS! ★
FAMILY WEEKEND
★ 2002 HOMECOMING

OCTOBER 4, 5 & 6, 2002

JOHNSON & WALES
UNIVERSITY

Arts & Sciences Event

On October 22, 2002, the John Hazen White School of Arts and Sciences will join Student Activities to welcome Anna Quindlen as a Distinguished Visiting Professor.

Ms. Quindlen, who has won the Pulitzer Prize and is a best-selling author and social critic, will speak on "Choices and Changes in the Twenty-first Century." This presentation, to be held in McVinney Auditorium from 12:40-1:35 P.M., will be followed by a reception in the Pepsi Forum from 2:00-3:00 P.M.



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Residential Life

Student Activities

Athletics

The Campus Herald does not knowingly accept advertisements and/or articles that promote discriminatory acts on the basis of sex, race, creed, gender, religion, color, handicapped status, veteran, or sexual orientation, nor does it publish material that violates university, local, state or federal laws.

The Campus Herald encourages all students, faculty, administrators, and community members

to voice their opinions on topics concerning them in and outside of Johnson & Wales University. A writer can express his or her opinions in Letters to the Editor. All letters must be signed in ink or they may not be published.

You may contact us at our offices on the 3rd floor of the CBCSI building, call us at (401) 598-2867, or e-mail us at campusherald@jwu.edu.

The Mission of The Campus Herald is to serve as the vital source of information for Johnson & Wales University, its students, faculty, administration, and immediate community. To this end, this publication produced by the students of this university shall provide the integrity and professionalism necessary for providing accurate and essential information to transcend the geography between the university family.

- Donn L. Wilson (1998)

Law Affecting Over 1,000 Johnson & Wales Students

By Michael Gibbons

Exactly a year ago, the world was hit with the most tragic occurrences. America stood in silence like a somber pond while being struck by terroristic lightning like a boulder striking the Atlantic Ocean. With every cause, there is an effect, and after 365 days we are still feeling the effects made by the ripples of that 9/11 Boulder. Moreover, these effects have reached our colleges and institutions of higher learning. Johnson & Wales University is one of the most diverse schools

in the world with a student population representing 81 different countries. It will soon feel the effects with a law called SEVIS. (Student and Exchange Visitor Information System) SEVIS is an Internet based system for the collection of information on exchange visitors and students. Since July 1, 2002 it was available upon a voluntary basis, but is to be expected required as soon as early 2003. The Immigration and Naturalization Service (INS) and the Department of Justice

(DOJ) announced on May 10, 2002 that they are proposing a new rule for foreign student and exchange visitor tracking. This became a highly discussed issue after the attacks of September 11th, 2001, seeing that there is no tracking system for students and exchange visitors to determine compliance with the terms of their visa statuses. Schools will be required to report directly to the government via internet on specific information regarding foreign student enrollment, failure to enroll, changes in leg-

al name or address, failure to maintain a full course load, etc. Once use of SEVIS is mandatory, all schools approved by the Service must be using SEVIS in order to continue accepting foreign students and all exchange visitor programs. Similar measures to track all non-immigrants and closely monitor foreign nationals entering the U.S. have been proposed recently in different bills intro-

duced in the U. S. Congress. None of these bills for either the regular registration of foreign nationals or to impose other restrictions has not been imposed thus far. Laws proposed, including SEVIS, are movements that indicate how the U.S. government intends to closely monitor students from overseas.

....government via internet on specific information regarding foreign student enrollment....

The Off-Campus Student: Good Neighbor Policy Statement

courtesy of the Office of Student Affairs

Johnson & Wales students must abide by the Good Neighbor Policy as described in the Student Handbook. Off-campus students and Commuters are required to keep Johnson & Wales University informed of their local addresses for directory purposes.

Undergraduate students have been living off-campus for many years and our neighbors, many of whom are Johnson & Wales faculty, staff, and alumni, have traditionally enjoyed a positive relationship with students. Established neighborhoods depend upon a sense of order and stability for those who live there permanently. Students are often viewed as transients, but the quality of life for all residents of a neighborhood can be greatly influenced by the style of living and sense of citizenship exercised by student residents. When students take their neighbors seriously and regard them with respect, this attitude is usually returned in kind and makes the area a more pleasant place to live for everyone.

The university reserves the right to deny permission to live off campus to a student who has a record of a violation of the student conduct code or other university rules and regulations.

Noise.

Most localities including the City of Providence have a Noise Ordinance. The Providence Police and other local law enforcement agencies such as Cranston Police and Warwick Police will enforce the law and will respond to complaints from your neighbors. Families living in the neighborhoods around our campus have a right to enjoy a reasonable level of peace and quiet. Students' schedules and the schedules of families with young children sometimes come into conflict. The Offices of Dean of Students and Community Relations expect that Johnson & Wales students will exercise good judgment and be sensitive to the needs of our neighbors and friends.

Trash.

As a tenant you are responsible for putting out your trash. If you are not sure about which day trash is picked up on your block, check with your landlord. Oftentimes, trash is put out over the weekend causing an unnecessary eyesore and nuisance. City Ordinance stipulates that trash cannot be put out before dusk on the day preceding pickup. Please be considerate of others and do not put out your trash until the night before pickup.

Recycling.

The City of Providence recycles and you have probably seen the "blue bins" on the sidewalk. Your landlord must provide each apartment unit with one blue bin for recycling materials (glass, plastic containers, aluminum cans and newspaper). This is of course not only a good cause, but also a global issue to which the University is committed.

Your participation in recycling both on and off campus is extremely important

Parties.

Contrary to popular belief our neighbors are not against parkeness, disorderly conduct, and large groups of people partying outside with loud amplified music late into the night. Off-campus parties are becoming increasingly popular, but party hosts are putting themselves in jeopardy when their guests act irresponsibly. You assume all the risks associated with state and city laws regulating drinking age, noise ordinances, and public safety when you sponsor a party at your off-campus apartment. As a Johnson & Wales student, you are potentially placing yourself in "double jeop-

ardy because the University's disciplinary system will also be utilized if a serious incident occurs off campus.

When students do not think of others living around them, they create major problems for themselves as well as for their neighbors. Police will respond to complaints from our neighbors and disciplinary action will follow.

You should be aware that living off campus does not alter er of the Johnson & Wales Community.

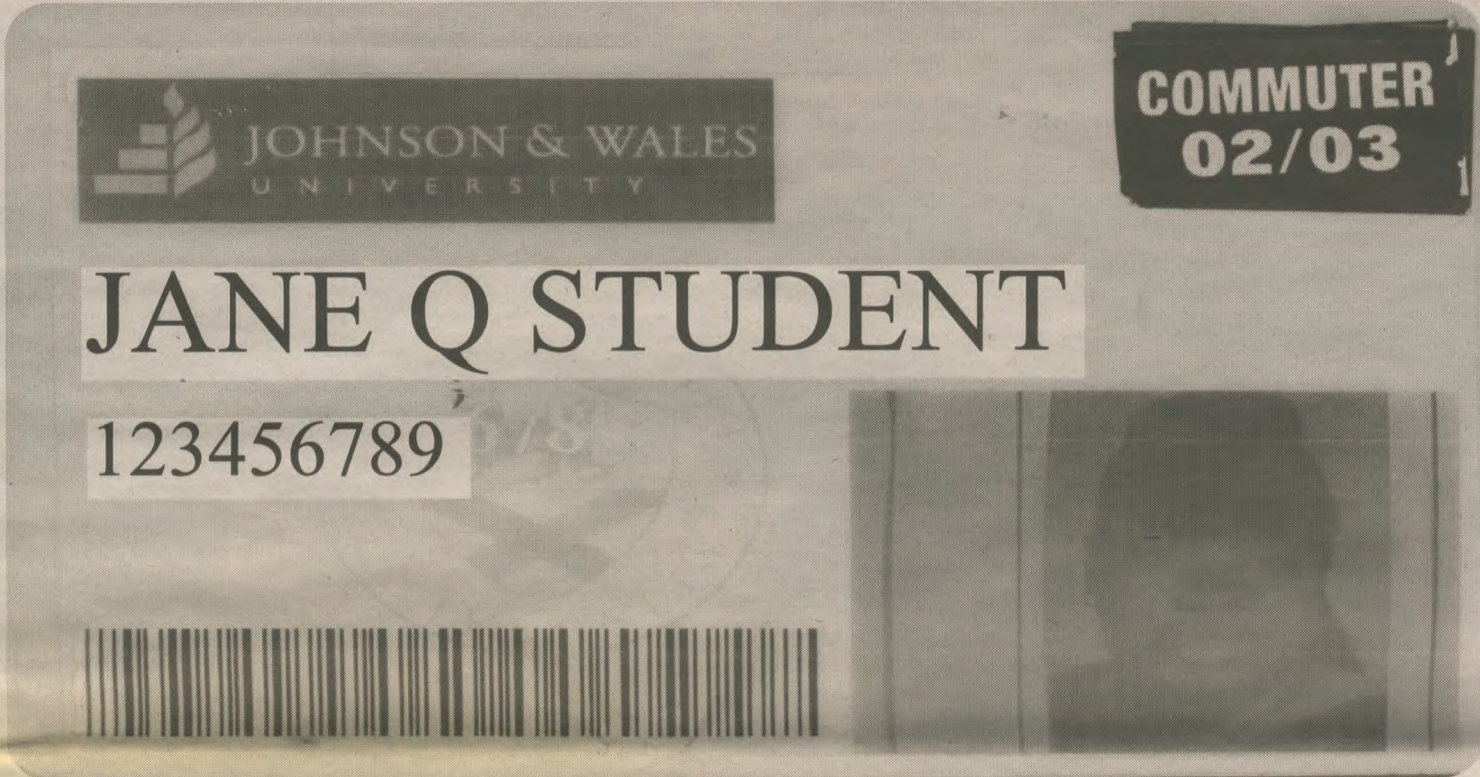
IN THEIR OFF-CAMPUS LIVES, STUDENTS ARE ALSO EXPECTED TO CONFORM TO THE STANDARDS OF STUDENT CONDUCT. FAILURE TO DO SO MAY RESULT IN THE WITHDRAWAL OF OFF

CAMPUS HOUSING PRIVILEGES. STUDENTS MAY BE SUSPENDED FROM THE UNIVERSITY IF RESPONSIBLE FOR VIOLATIONS OF THE GOOD NEIGHBOR POLICY.

Signed,

Arthur J Gallagher,
Vice President of Student Affairs

Terry H. Addison,
Dean of Students



Attention JWU Students - Faculty - Employees

50

2 for 1 Special
BUY ANY PAIR OF GLASSES
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WITH FRAMES OF EQUAL
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• includes single vision & flat top
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CRANSTON
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Next To ZACCAGNINI'S Bakery
943-8886

"In The Arcade"

.....OPINIONS!?

"IF IT AIN'T BROKE, DON'T FIX IT"

Chestnut was a place for JWU students to relax, study, hang out with friends or grab a bite to eat. That is no longer the case. Our concerns are as follows:



The ambiance: Whats going on with the televisions, are they broken? I'm sure the school can afford to buy new one's. The seating arrangements? Where did all the couches go? Last year students were able to kick back and relax. That's not the case anymore. You are stuck sitting in these uncomfortable chairs.

The Menu: What happened to grilled cheese and chicken fingers? What was once a staple of a chestnuts experience has now fallen by the wayside, to make way for such trendy, sandwich names such as "The Federal Hill" and "The Stones" and what's the deal with the prices? We need to save our money for parking and other expenses. "In appalled," said the anonymous lady.

Commuter Tuesday: The majority of clientele are commuters. We want our free bagels and coffee back.

Why make changes with out the student's input? If this is supposed to be out "Student Union" where's the School pride? Change is not always a good thing!

6 Concerned Students

EDITOR'S

COLUMN

As Editor -In-Chief of The Campus Herald, It is my duty to provide a channel of communication for the students here at Johnson & Wales University. We are a bi-weekly, student-produced paper for the campus community. I strongly urge the students of Johnson & Wales to voice your opinions about campus topics in an effort to positively initiate change, and better our school community. It is upon us to let our voices be heard so that we can be the catalyst for change.

Michael Gibbons,
Editor-In-Chief, The Campus Herald

SPEAK OUT

How do you feel about RIPTA servicing your transportational needs on campus?



1
Fallon Andrae' - Junior
Retail Marketing Mgt.
"Its sucks, it makes me late in the mornings."

3
Brianne Lambert - Senior
Travel & Tourism
"It makes too many stops between Harborside and Gaebe Commons."

2
Christine Covington - Sophomore
Criminal Justice
"No I will not take RIPTA, because I paid too much money to be taking public transportation."

4
Greg Oliver - Junior
Web Mgt.
"I like it, its just an inconvenience at times wating for the bus to show up."

5
Carneil Brooks - Freshman
Criminal Justice
"It's alright, I like the fact we get to ride around the city for free."

6
David Dowty - Freshman
International Business
"I like it sometimes, other times I don't feel comfortable riding it, but it does go everywhere JWU buses dont, and it is free."

7
"Some bus drivers are nice but it takes a lot of U-turns but it is good except when waiting at Harborside."
Diana Han - Sophomore
Hotel Mgt.

8
Pete Finch - Senior
Hospitality
"I have no problem with it since its free and its humorous how I see all the crazy people on the bus and bus stops."

Get the Most out of Career Conference

Career Conference 2002 begins tomorrow! Are you ready? Simply attending the Conference is not enough; you need to make your participation count. Here are some tips on making the most of your Career Conference experience.

Prepare a Resume - A well written, error free resume is a must! Make sure you have multiple copies of both your resume and list of references on hand.

Make a Good First Impression - Be sure you are wearing professional business attire. The way you dress will obviously effect the employer's initial impression of you. For women, a suit or tailored dress in solid or subtle color is acceptable. For men, a navy, charcoal gray or pin-stripe suit is acceptable.

Target Your Top Five Companies - Check out the employers who will attend by viewing the Career Development public folder. Prioritize those employers with whom you would like to speak.

Learn to Sell Yourself - Create a 60 second commercial on yourself and practice it. Your commercial should include:

- Introduction** - Introduce yourself, offer a firm hand shake and a resume
- Objective** - Tell the employer why you are there and what sort of employment you are seeking
- Background** - Summarize your education, experience, strengths, etc.
- Closing** - Reiterate your interest and thank the employer

Create a List of Questions - Formulate intelligent questions to ask the employers. It is a good idea to ask one or two meaningful questions without monopolizing the employer's time. At this point, it is not a good idea to ask about salary. Don't forget to inquire about internships, co-ops, summer employment and scholarship opportunities if you are a continuing undergraduate student.

Prepare to Answer Questions - Remember, employers will also be asking you questions! You will be expected to think on your feet, so be prepared. To navigate through these questions successfully, you must know yourself inside and out. This will require a lot of introspection and soul-searching on your part.

Be Confident - It is important that you understand that employers view candidates as possible future employees. Therefore, you need to display enthusiasm, confidence, sincerity and the ability to communicate clearly. Smile, walk with good posture and make consistent eye contact.

Don't forget to Follow-up - Don't make the mistake of thinking that as soon as you have spoken to the last employer and left the facility that you are finished. Follow-up is essential to making the most of your Career Conference experience. Keep the following steps in mind:

- Prepare to follow-up** - Ask each employer that you talk with for their business card and company literature. As soon as you walk away from the employer, jot down some notes about your conversation. You may want to use these notes in your follow-up thank you letter.
 - Thank You Letters** - Within one week, send out thank you letters to the employers that you met
 - Be Persistent** - Observe the follow-up procedures suggested by the employer. Once you have complied with these procedures and a reasonable amount of time has passed, it is okay to contact the employer about the status of your application.
 - Use Your Handbook** - At Career Conference, you will be given a handbook that is an excellent resource for you to reach those employers that you did not have a chance to meet! Be sure to review the advertisements in your handbook carefully. These ads will typically include open positions and contact information. You can then write a letter and send your resume to these organizations as well.
- Attending the Career Conference can be a little overwhelming at first. However, if you have taken the time to prepare, you will get as much out of it as yinto it. If you have any questions, please don't hesitate to contact the Career Development Office at 598-1070 (Downtown Campus) or 598-4611 (Harborside Campus).

Career Management Guide

For related tips on writing your resume, interviewing and much more, stop by the Career Development Office to pick up a CAREER MANAGEMENT GUIDE or access this information from the Career Development public folder (Providence Campus/Career Development/Resources for Students/Career Management Capstone)

Side Bar 2: (see attached flyer)
CAREER CONFERENCE
Thursday, October 3, 2002
8:30 AM to 2:00 PM
Harborside Recreation Center

On-Campus Recruiting Interviews
October 4, 2002 to December 6, 2002

Refer to Public Folders for company and interview information

Side Bar 3: (see attached flyer)

CAREER CONFERENCE CHECKLIST
Portfolio/Briefcase (women should either carry a briefcase or handbag - never both)

Pen and Notebook

At least a dozen resumes

Copies of transcript

Copies of list of references

Appropriate clothing including comfortable, professional shoes

Small breath mints - no gum!

A positive attitude

WEDNESDAY NIGHTS COLLEGE NIGHT
RECEIVE 5\$ OFF WITH STUDENT ID



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We are available to host your private party, bachelor party, Fraternity event, or corporate teambuilding event. Walk-ons are always welcome!

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Pricing, Directions and Field Photos are on our web site
Wednesday Nights: 4pm to 10pm - Bring your own Paint!
Friday Nights: 4pm to 10pm - Bring your own paint!
Saturday: 10am to 10pm
Sunday When it Rains. Call First.
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Career Conference

Thursday, October 3, 2002
8:30 AM to 2:00 PM
Harborside Recreation Center

On-Campus Recruiting Interviews

October 4, 2002 to December 6, 2002

Graduating Students
Refer to Public Folders for Company
And Interview Information

Questions? Contact the Career Development
Office at
(401) 598-1070 (Downtown Campus)
(401) 598-4611 (Harborside Campus)



College Students Continue to Gain More Than Knowledge

courtesy of North American Syndicate

Every year as students leave home for college they risk gaining the "Freshman 15" -- the beginning of a downhill slide of continued poor weight-loss behavior, contributing to the 62 percent of Americans who are currently over weight.

New York, N.Y. (September 3, 2002) Nutricise.com -- Dieting and losing weight are national obsessions, but still more than twenty percent of college students are overweight and forty percent are attempting to lose weight, according to the National College Youth Risk Behavior Survey conducted by the Centers for Disease Control and Prevention. From fraternity parties to all-

you-can-eat cafeterias, college life makes it difficult to maintain healthy eating patterns. The Freshman 15 (or 50) begins with students who exercise their newfound whenever they're in the mood for it. It's an easy trap of all that, bland college cafeteria food begs for butter, salt, and sour cream to make it more palatable, not to mention the need for side dishes like ice cream, french fries, onion rings, and cake to enhance taste bud sensation. (And that's not even factoring in all the beer...)

But will power alone is not the solution to combatting these common tendencies and fighting the college bulge. A recent study published in the Journal of the American Medical Association found that interactive weight loss guidance in the form of a structured behavioral approach

with access to a registered dietitian helped dieters lose more weight than those who dieted without online interactive assistance and a structured program. College students face new challenges in creating a weight maintenance program that works for their schedule, and Nutricise is the only company to offer a sophisticated, one-on-one weight management-counseling program that helps individuals to lose weight and keep it off. All Nutricise clients are assigned their own personal nutritionist/registered dietitian who educates and coaches them via email to achieve the lifestyle changes and skills necessary for weight loss and maintenance.

Tips For Fighting Off Freshman 15

TIP #1

-Eat breakfast. Breakfast gets your metabolism working first thing in the morning -- especially if your "morning" is closer to afternoon. You'll have more energy and you're likely to eat less later in the day.

-Don't skip meals. Many college students make the mistake of skipping meals only to be lured into someone's dorm room at 2 a.m. by the tantalizing aroma of a freshly delivered pizza. Your body needs fuel throughout the day, not just at the end.

TIP #2

TIP #3

-Cut down on alcohol. Just because alcohol is fat free doesn't mean it's calorie free. Alcohol, especially beer, is loaded with calories.

-Eat smaller meals. If you find that the longer days you put in to maintain your college life make you hungrier throughout the day, consider eating small meals and snacks over the course of the day instead of three large meals.

TIP #4

TIP #5

Keep moving! It doesn't matter if you walk, jog, take aerobics, weight train, take a gym class, or play intramural sports -- staying active will burn calories. Lounging in your dorm watching TV or sitting around studying all day will put on the pounds, simply because you're taking in more calories than you're burning off.

Rise And Shine, It's Breakfast Time

courtesy of North American Precis Syndicate, Inc.

No meal is expected to do more, in terms of replenishing our energy and launching us into the world, than breakfast. As we open our eyes to a brand new day, our desire to experiment is at its daily low, but sometimes it's time to try something new, even for breakfast.

Feishmann's Yeast offers a twist on a breakfast classic designed to please the palate. Once you've tried this recipe, it may become a breakfast tradition in your dorm.

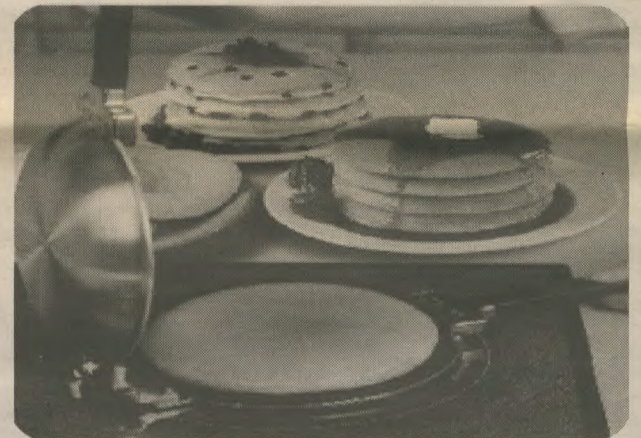
The recipe, Perfect Pancakes, uses the convenient "batter method," an easy alternative to kneading. The recipe even offers the option of an overnight "cool rise," in which the dough rises in the refrigerator, allowing the mix to be made up the night before. This option balances the desire for nutritious, fresh, homemade foods with speed and ease.

Pancakes are an all-time breakfast favorite, but a regular pancake produces a rather crumbly crumb, which tends to soak up syrup and become soggy. Perfect Pancakes have a crumb, which is not only tender, but is also more firm, so they taste better and less toppings are needed.

Regular pancakes tend to be used mainly to carry rich or sweet toppings, but Perfect Pancakes offer an excellent taste on their own. It's the yeast that gives these pancakes a richer, fuller flavor. Even the batter has a fuller, more pleasing aroma. Once you've had "raised pancakes," you may never go back to pancakes without yeast.

This recipe has been tested in the kitchens of Fleischmann's Yeast. For added convenience, it has been developed using Fleischmann's RapidRise Yeast.

Continuing a legacy of Helping Bakers Bake, Fleischmann's Yeast offers expert resources to consumers through a number of free programs. The most popular is a Web site, www.breadworld.com, that is bursting with baking tips and recipes for both the beginner and experienced baker.



Perfect Pancakes

Ingredients

- 2 1/4 cups all-purpose flour
- 3 tablespoons sugar
- 1 envelope Fleischmann's RapidRise Yeast
- 1 teaspoon salt
- 1 3/4 cups milk
- 1/4 cup butter or margarine
- 1 large egg

In a large bowl, combine 3/4 cup flour, sugar, undissolved yeast and salt. Heat milk and butter until very warm (120 degrees to 130 degrees F). Gradually add to flour mixture. Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add egg and 1 cup flour; beat 2 minutes at high speed. Stir in remaining flour to make a soft batter. Cover; let rise in warm, draft-free place until doubled, about 45 minutes.

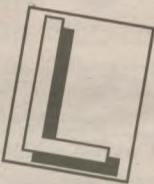
Stir batter down. Pour 1/4 cup per pancake onto hot, lightly greased griddle or skillet. Cook until edges are dry. Turn; cook other side until brown. Top as desired.

Organization Spotlight

The Future Business Leaders of America (FBLA) is a club on campus that is organized by an independent, responsible, polite and caring individual. Rick Perez is the president of FBLA this year. Rick exemplifies leadership qualities, considering he is only a sophomore. This is very impressive to have a sophomore run a business club such as FBLA.



In this interview, Rick will discuss his goals and thoughts of FBLA and give advice to freshman members of FBLA, as well as, other freshmen on campus.



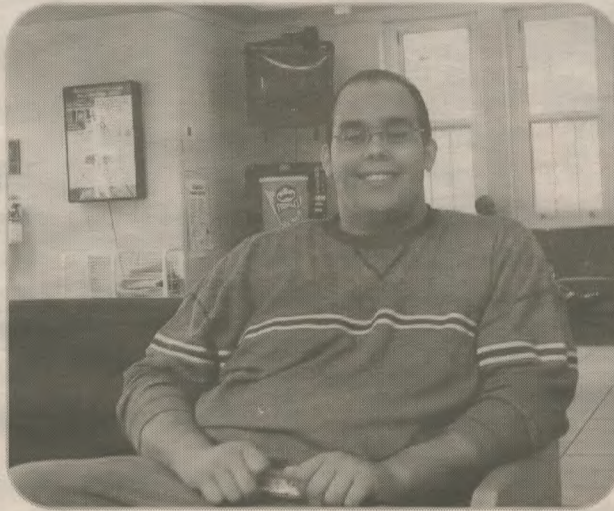
Interview with Rick Perez, President of FBLA
By: Jennifer Fustino

How does it feel to be president of FBLA?

Wow! It is a likeable feeling. I have much more attention and people come up to me for advice. I was a nobody and now I'm a somebody. I also learned that I need to watch what I say and do a little more closely.

Is this position everything you expected?

Well, it's a lot different from being president of FBLA in high school. There, the advisor did a lot of work for you. Here, you can not rely on the advisors and it is a lot more responsibility. It is also a great learning experience.



What is your goal or mission for the 2002-2003 FBLA year?

I would like to concentrate on member retention. I want to keep members happy. The inner circle-the club members-need to be fixed first before anything else happens.

What do you think about the new members?

They are a challenge. There was much less interest for pointed positions than I expected this year.

How do you plan to get members involved?

I want the meetings to be fun. Not just to talk about new business and that's it. I want speakers from business and government offices and on the rise celebrities to come speak at the meetings. I also plan to have fun activities at the meetings. This schedule will alternate through out the year.

What projects do you have planned?

The last week of October, we are participating in a hunted tunnels event in Newport. It is a week long event. And, a project that is in the works, is a mini version of fear factor here on Gaebe Commons. For instance they would pay a student \$100 for shaving all of their hair off.

Can anything be improved in the club?

Everything! I want to do more community service, rather than fundraising events. It is not about the money. I will make sure everyone carries their jobs out this year. That was a big problem last year.

Do you want to thank anyone?

Yes. Mike Bosco was a huge help to me this summer. He taught me the regulations and policies and things that I needed to know to run FBLA.

Do you have any advice for new FBLA members or freshmen?

Yes. Don't take anything too seriously. Just worry about your career and family. Also, have fun and make it a fun year.

Greek Room

Alpha Phi Alpha

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We would like to thank everyone for their support on our events in September thus far. Be on the look out for "Knowthyselfes", a monthly brochure produced by the "Monsters" of the Alpha Gamma Chapter of the Alpha Phi Alpha Fraternity Incorporated. It tackles issues that are of concern of not only college students but people all over the world. We hope everyone has a great trimester, and we hope that all freshmen feel welcome and at home.

Phi Sigma Sigma

The sisters of Phi Sigma Sigma would like to welcome everyone back. We hope you had an excellent summer! We wish everyone good luck on informal recruitment. Congratulations to:

Meredith Avino for being the new TKE sweetheart, Annie DeSarno on her new position and to all the sisters who participated in Flip Cut Tournament 1st place-Victory was ours, good job girls!

Happy Birthday to Loni Sawtelle 9/1, Vice President Katie Fisher 9/4, Michelle Giampetro 9/8, and Joy Suckle 9/12.

We hope everyone has a great year and we are happy to see new faces at recruitment Tuesday September 24, 2002 Xavier 6:45 pm

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Campus Herald

Announcement:

Attention Student Organizations

In the interest of educating the campus community about hard work and efforts of Student organizations and their mission, we at The Campus Herald would like to put the **"Spotlight"** on your organization.

For More Information
Contact Michael Gibbons @ 598-2867

NAACP EVENTS

Executive Committee Meeting

Tuesday, October 8, 2002

5:00 PM

CBCSI-Conference Room A

General Body Meeting

Sunday, October 13, 2002

5:30 PM

CBCSI -Conference Room B

Criminal Justice Association

CJA Meeting

Every Tuesday @ 5:30 pm

Xavier Commuter Student Lounge

CYCLING CLUB SEEKS NEW MEMBERS

The Johnson & Wales Cycling Club is looking for new members as it begins its second year. The Club was started last year by cycling enthusiast Aron Kansal, who is now a sophomore.

The club participates in Eastern Collegiate Cycling Conference events during the spring, and hopes to take part in races throughout New England beginning in mid-March. Races include clubs from Brown University, the University of Vermont, the University of New Hampshire, Boston University, MIT, Army, University of Connecticut, Yale, Harvard, and host of other major institutions.

Anyone interested in cycling and the upcoming spring schedule can contact Kansal at 453-4185, or the Department of Athletics at extension 1600. The Club website at www.jwubooks.com/team.

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Gaming Gambit Begins in The Arcade

BY Kyle Ricks

For years the Arcade has stood between the streets of Weybosset and Westminster. Around twenty five years ago the old and closed down building reopened its doors for business, and during this time, in the aftermath of the explosive birth of Dungeon and Dragons a store called The Game Keeper opened. The owner, a talkative and intelligent man who goes by nothing more than Larry has been there ever since. The Game Keeper publishes supplemental books for the D20 system of Dungeons and Dragons and carries a wide assortment of Role Playing Games, Board Games, Miniature Game, Collectible Card Games, and more. Yet things change, and this time they seem to be for the better. A few weeks ago, Larry was

approached by the management of The Arcade to attempt to fill up the entire Arcade. Larry was quoted saying "The Arcade Management came to me and asked me to fill the entire place up on Saturdays, so I said, 'I'll do it.'"

With that Larry went to the drawing board and began to draft ideas. He consulted with a few of his regulars and new comers to get feedback on ideas for the execution of such a feat. The final result is the idea of a massive gaming situation. Every Saturday from 10am to 4pm there is open gaming at the Arcade now. This could be extended into the evening should the demand arise.

The main events going on there are Mage Knight, Mech-Warrior, and games that are brought by people. Furthermore, since the release of DC Hero Clix (a superhero

miniature game based off of the DC genre) there will soon be a Hero Clix tournament beginning. Yet it doesn't stop there. For those who want to leave their mark on the D20 universe, there is a chance to go in and play-test supplements written through the business. Those who do will be asked for feedback and will be not only given a free copy of the book, but also their name will appear within the book. To sign up just walk in and make an appointment with Larry to Play-test. Any other games that show up will be given areas to be played in so just because your game may not be located here, it is still an option.

Now, the idea of refreshments and seating arises. The thing is, they aren't problems. Larry and the Management have spoken already and with a current seating capacity

,out of 150 people and going upwards of around 400 people the amount of people it can hold isn't a big deal. The refreshments are not furnished, though Larry is speaking with the vendors in the food court to strike reduced prices deals with them.

The first one occurred on the 21st of September 2002 and was a solid achievement. The turnout was fair and hopes are high for a phenomenal amount of attendance in the near future. So before you go party on the weekend, whether passing by, looking for fun, or just wanting to take a breather from the cramped little dorm you live in, drop by the arcade. Make some friends, play some games, and maybe win some of the prizes offered in the tournaments.

WESTSIDE STORY

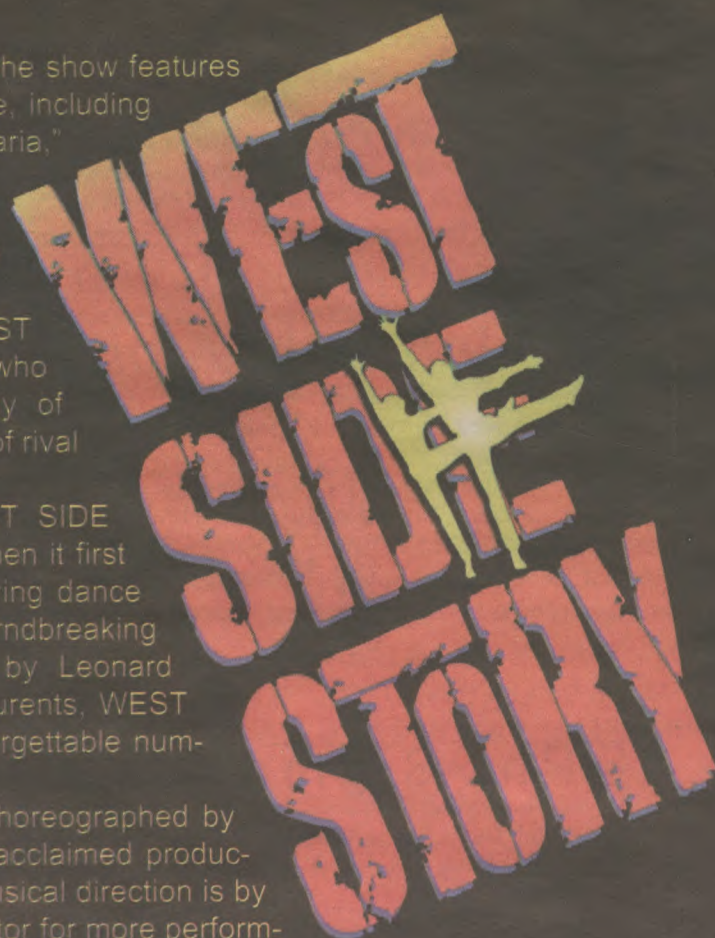
COURTESY OF AMY HARDING

A classic of American musical theatre, the show features some of the most compelling songs of all time, including "Somewhere (There's A Place For Us)," "Maria," "Tonight," "I Feel Pretty," and "America" and showcases the talents of theatre greats Jerome Robbins, Leonard Bernstein, and Stephen Sondheim.

Set in the slums of New York City, WEST SIDE STORY is the story of Tony and Maria, who doomed love story -- based on the tragedy of Romeo and Juliet -- plays out amid the battles of rival gangs the Sharks and the Jets.

In this exciting new production, WEST SIDE STORY, is as fresh and relevant as it was when it first opened on Broadway in 1957. With electrifying dance numbers based on Jeromoe Robbins' groundbreaking original choreography and a score written by Leonard Bernstein, Stephen Sondheim, and Arthur Laurents, WEST SIDE STORY features some of the most unforgettable numbers ever performed onstage.

WEST SIDE STORY is directed and choreographed by Alan Johnson, who has recreated numerous acclaimed productions of the show during the past 30 years. Musical direction is by Donald Chan who has served as musical director for more performances of WEST SIDE STORY than any other conductor



THE CAMPUS HERALD IS SEARCHING FOR
ARTS & ENTERTAINMENT WRITERS
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THE

Inside Scoop

Making Tracks with American Idol

courtesy of Entertainment Weekly



Just Because The Hit Serious American Idol is over for the first season and the winners have been chosen, the final episodes of the season have been wrap up, the cast of the show are defiantly not wrapping up at all. The creator of the show Simon Fuller is doing his research trying to get the (winner) Kelly Clarkson and (runner up) Justin Guarini together to star in a final note feature. As for the judges Paula Abdul has headed back into the studio to start recording her first single album since 1995, and for Simon Cowell he is season 2's only confirmed returnee.

MOVIE REVIEW

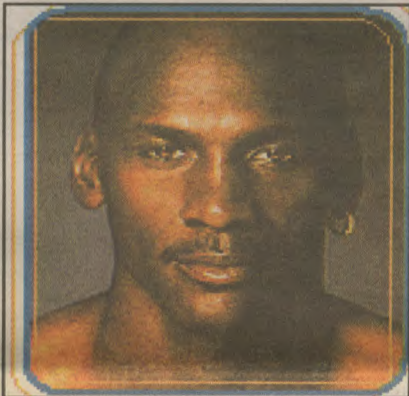
A Cut Above The Barbershop



"Giving New Meaning to the Phrase Good Buzz", Ice Cube is clearly please with the hit of the hit movie The Barbershop, with a budget of 15 million dollars to make the film, the Barbershop brought in 21 million on opening weekend. That is the best record for Ice cube in his entire movie career. MGM and producer George Tillman was please that instead of opening the movie to 1,300 cinema like they intend- ed they decided to go with 1,600 instead, which turned out to be a big hit.

The movie also featured other people like Eve (XXX) and Sean Patrick Thomas (Save the last dance).

The fans were very please with the movie and was hopeful that there would be a sequel. The soundtrack to the movie was also a hit. It debuted in Billboards R&B top 10 and sold 89,000 copies in the first three weeks. Hey this could even mean Ice Cube might try to come out with another album, " who knows?"



THE RETURN

courtesy of AP/YAHOO

He's baaaaaack. Michael Jordan has announced that he will return to play for the Washington Wizards for the upcoming NBA season. "My love for the game of basketball continues to drive my decision," His Airness says. "The steps I took in the offseason have allowed me to return to the game in great condition."

MUSIC TOP 10

Top 10 Pop Singles

This Week	Last Week
1. Nelly feat. Kelly Rowland No. 1	
"Dilemma" (Fo' Reel)	
2. Eve feat. Alicia KeysNo. 2	
"Gangsta Lovin'" (Ruff Ryders)	
3. Avril LavigneNo. 3	
"Complicated" (Arista)	
4. EminemNo. 5	
"Cleanin' Out My Closet"	
(Web/Aftermath)	
5. NellyNo. 4	
"Hot in Herre" (Fo' Reel)	
6. P. Diddy and Ginuwine feat. Loon, Mario Winans and Tammy RuggieriNo. 6	
"I Need a Girl (Part Two)" (Bad Boy)	
7. CreedNo. 9	
"One Last Breath" (Wind-Up)	
8. AshantiNo. 8	
"Happy" (Murder Inc./AJM)	
9. PinkNo. 10	
"Just Like a Pill" (Arista)	
10. MarioNo. 7	
"Just a Friend 2002" (J)	

Top 10 Albums

1. Dixie ChicksNo. 1
"Home" (Monument/Columbia)
2. EminemNo. 2
"The Eminem Show"
(Web/Aftermath)
3. Avril LavigneNo. 3
"Let Go" (Arista)
4. NellyNo. 4
"Nellyville" (Fo' Reel)
5. Bruce SpringsteenNo. 7
"The Rising" (Columbia)
6. Norah JonesNo. 11
"Come Away With Me" (Blue Note)
7. ColdplayNo. 5
"A Rush of Blood To the Head"
(Capitol)



Norah Jones

8. Various ArtistsNo. 10
"Now 10"
(Sony/Universal/EMI/Zomba)
9. EveNo. 6
"Eve-olution" (Ruff Ryders)
10. ClipseNo. 9
"Lord Willin'" (Star Trak)

Top 10 Hot Country Singles

1. Darryl WorleyNo. 2
"I Miss My Friend" (DreamWorks)
2. Tracy ByrdNo. 4
"Ten Rounds with Jose Cuervo"
(RCA)
3. Kenny ChesneyNo. 3
"The Good Stuff" (BNA)
4. Tim McGrawNo. 1
"Unbroken" (Curb)
5. Diamond RioNo. 7
"Beautiful Mess" (Arista Nashville)
6. Joe NicholsNo. 6
"The Impossible" (Universal South)
7. Sara EvansNo. 5
"I Keep Looking" (RCA)
8. Keith UrbanNo. 8
"Somebody Like You" (Capitol)
9. Alan JacksonNo. 10
"Work in Progress" (Arista Nashville)
10. Martina McBrideNo. 13
"Where Would You Be" (RCA)

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M & M FLAVORED

courtesy of MTV News Online



Some of hip-hop's top rhyme-spitters have contributed new songs to the upcoming soundtrack to Eminem's highly anticipated semi-biopic 8 Mile (due in theaters Nov. 8). Tracks from rhyme-slingers Jay-Z, Nas, Xzibit, D12 and others are featured on the compilation, which hits retail Oct. 29. The first single from the soundtrack is Em's "Lose Yourself."




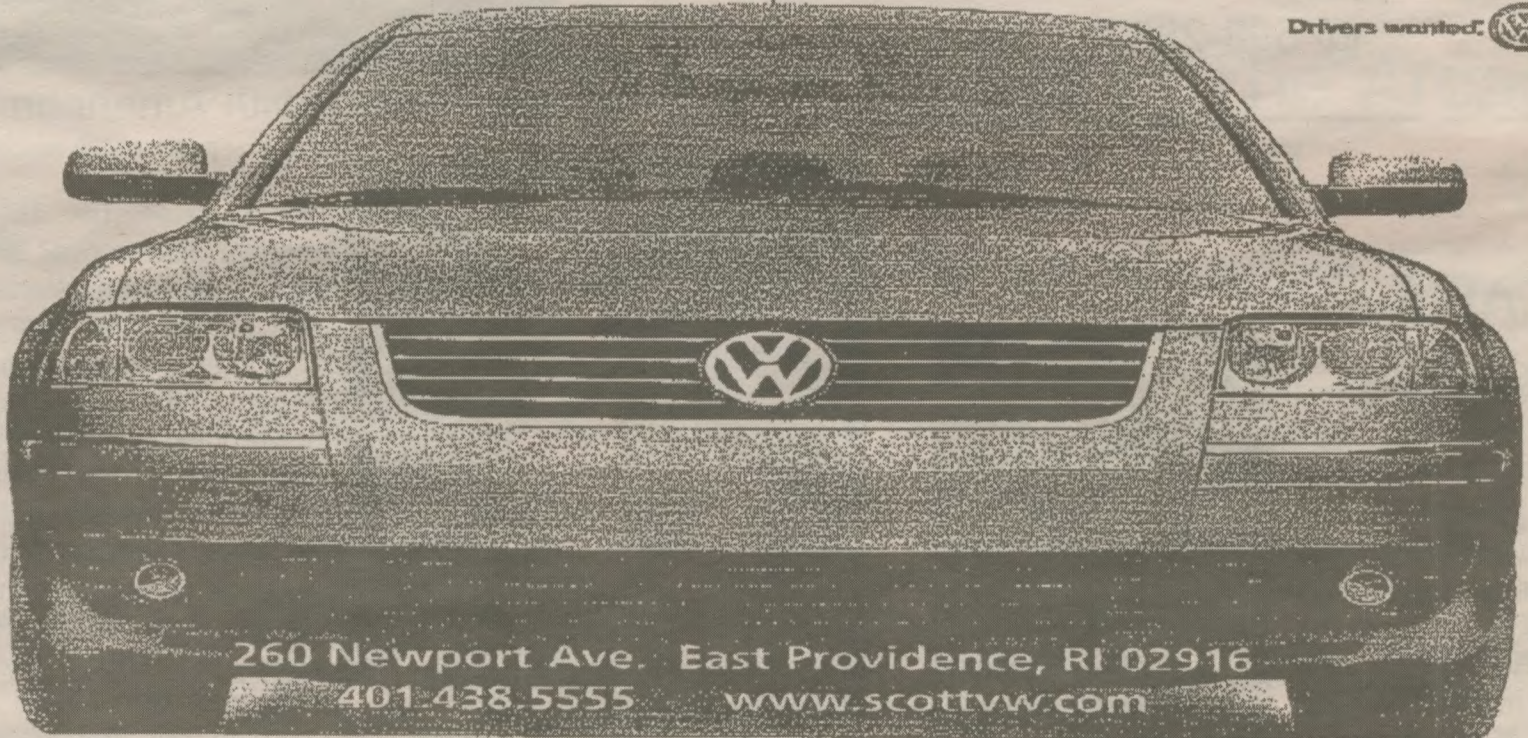
USHER IN A LEGEND

courtesy of NBC.com

R&B seducer Usher is set to place his nimble feet in some pretty big shoes. "Mr. Entertainment" will portray the late legendary soulster Marvin Gaye on NBC's throwback drama American Dreams. In the upcoming episode (air-date unknown), Usher will recreate Marvin's 1963 performance of his pop-crossover song "Can I Get a Witness?" American Dreams premieres Sunday at 8 p.m. EDT

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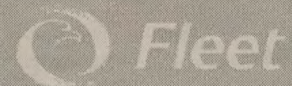
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The Future of Dining at America's #1 Culinary School

By Dita Papraniku

If you are counting calories or concerned about eating right: campus diners be cautious. Although there are right food choices to be made on campus, nutritious-wise decision-making will have to come into play. While there are many opportunities to maintain a balanced diet on campus, there are also many ways to 'put on the pounds.' But putting on the pounds may not be the only reason students want to watch what they eat, maybe they just want to feel better and live healthier. Regardless, the number one foods consumed by students at the number one culinary school has little to do with health. Lets take the average student meal: a hamburger or chicken sandwich, a plate full of French fries (which is two servings), two sodas, a cookie or dessert, and a small salad or fruit (usually one or the other). There is not much nutrition in the typical dinner. Protein comes from the hamburger, but along with high amounts of saturated fat. The bun may give students some carbohydrates, but it comes from white bleached processed flour. The French fries will also give students complex carbohydrates, but lets not forget the baggage that comes with fries: high amounts of fat, and hydrogenated fat is used for frying to only heighten the amount of empty calories. Then there is the cookie or dessert where students are receiving high amount of sugar and fat, then added sugar which comes from the soda. Last comes the fruit or salad. Some students make it a point to add both

into thier diner, however some studetns may not even-think about the amount of fruit or vegetable servings they have consumed for the day (according to the American Dietetic Association, we need five servings of fruit and vegetables a day). On the other hand, this is only the typical plate of students. There are so many other foods that are available, but at the same token, are not as popular.

Fortunately, there are steps being made in the dining centers at Johnson & Wales. For one, the dining facilities are working on formulating nutrition facts for the food they are serving as well as items like the salad bar. Hospitality has already begun and the other dining facilities are working towards the same goal. Vegetarian and vegan entr  e options are also an issue as well. According to Timothy Stevens, a TA at Snowden, "More and more students are requesting vegetarian and/or vegan foods." Even though a diner may not be vegetarian, vegetarian meals will provide greater amounts of nutrient density; a.k.a. less empty calories. Vegetarian food items contain less saturated fats (the unhealthy fats) and provide more opportunity to get the five a day from fruits and vegetables.

The Chestnuts dining facility is approaching their spin on providing a more balanced menu. According to Chef Bob, "The kitchen will be providing Weight Watcher points on menu items to assist customers in making balanced choices." Chef Bob is also



PHOTO TAKEN by Angel Trueblood

Students dining in the Weybosset Street Cafe

focusing on community involvement by purchasing breads and rolls from local bakeries instead of larger corporations like Sysco. Chef Bob is also conducting a 'Chestnuts Information Survey' to further explore his diners' needs and tastes. When I asked a student about what accessible changes in campus dining would you like to see, Eric Stein, President of the Nutrition Society, replied, "I would like to see more whole foods. For example, more grains like quinoa replacing rice or pasta."

As a culinary nutrition student at Johnson & Wales and an occasional campus diner (I am not a freshman anymore), I am looking forward to seeing the changes being made on our campus dining facilities. In addition, the Nutrition Society will be having dinners at Hospitality and Snowden where they will be educating students on healthier options and providing students with information such as protein requirements according to weight and physical activity and fat analysis tests. Although the Nutrition Society has not confirmed a date yet, it will be posted in the 'Club Box' in the Campus Herald. And I am not trying to say that students cannot have their burger and fries, just pay attention to how many burgers you consume a week (or month) and try not to fill the ENTIRE plate with French fries. An addition of a dinner roll or fresh fruit will help fill up the tummy without the hydrogenated fats.

French Fries

Nutrition Facts	
Serving Size (170g)	
Servings Per Container	
Amount Per Serving	
Calories 520 Calories from Fat 220	
% Daily Value*	
Total Fat 24g	37%
Saturated Fat 6g	30%
Cholesterol 0mg	0%
Sodium 1070mg	44%
Total Carbohydrate 69g	23%
Dietary Fiber 5g	19%
Sugars 0g	
Protein 5g	
Vitamin A 0%	Vitamin C 10%
Calcium 2%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Hamburger

Nutrition Facts	
Serving Size (227g)	
Servings Per Container	
Amount Per Serving	
Calories 580 Calories from Fat 250	
% Daily Value*	
Total Fat 28g	43%
Saturated Fat 9g	43%
Cholesterol 55mg	18%
Sodium 1040mg	43%
Total Carbohydrate 56g	19%
Dietary Fiber --g	--%
Sugars --g	
Protein 27g	
Vitamin A 4%	Vitamin C 6%
Calcium 15%	Iron 30%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Don't Be Left Out Senior Portraits

When

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How

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Volleyball Team Earns Regional Ranking

By Dave Bloss
Sports Editor

Playing a tough non-conference schedule has been rewarding for the women's volleyball team,

Which has earned its first-ever slot in the top 15 ranked teams as determined by the New England Women's Volleyball Association.

The Wildcats were ranked 14th among Division III teams when the first poll of the young season was released. The pollsters apparently took into account the top opposition on the schedule. The Wildcats were 8-4 in their early matches, but three of the losses were to Plymouth State (4th), Wesleyan College (7th) and the Coast Guard Academy (9th). Besides the recognition enjoyed by being listed in the poll, the Wildcats hope it might improve their seeding position at the end of the season if they are to complete again in the 48-team NCAA tournament. The higher a team's seed, the potentially weaker their opponent in the first round of the tournament

The Wildcats are aiming for their fourth consecutive Great Northeast Conference title, and have already defeated Emmanuel College, one of their toughest opponents in the league. Sophomore Annmarie Proto led the way with 10 kills, ably assisted by sophomore Tanya Wyss (9) and freshman Erica Young (8), in a 30-18-, 30-27, 30-23 win over the Saints. JWU showed its depth in the match as Proto was credited with 14 digs, while Young, senior Shaina Eiegen and junior Sarah Haslem had 12 a piece while sophomore Stephanie Cropper added 11.

The Wildcats host Great Northeast Athletic Conference foe St. Joseph College on the Wednesday, Oct. 2 at the Harborside Rec Center. They travel to the Bates tournament on Oct. 4-5 in the search of more top-flight New England competition and quality that will help keep them in the polls.

PHOTO TAKEN BY Tom Maguire



Junior, Sarah Haslem, going for the save

JWU Women's Tennis Team Growing As A Program

By Dave Bloss
Sports Editor

Johnson & Wales women's tennis coach Dr. Allen Freedman says it's not his team's goal to repeat the undefeated season they racked up in the fall of 2001. He's not opposed to winning every match, but says continuing to build the overall strength of the program is more important.

Freedom's program has evolved from a for-fun-only club sport to a Division III New England Intercollegiate powerhouse. And there's no reason to think the Wildcats won't be dominating opponents again this autumn. Intercollegiate powerhouse. And there's no reason not to think the Wildcats won't be dominating oppon-



Johnson & Wales 2002 Women's Tennis Squad

ents again this autumn. Tori Spence has owned the number one singles slot since she arrived on the campus as a freshman. Her combined record in the singles match as a freshman, and was rookie of the year in the Great Northeast Athletics Conference, "Freedman said." Last year, she lost her first four singles matches, then turned around and won 13 in a row. She's a splendid player with marvelous technique. Plus she has a great family that comes down here from Lynnfield, MA, for every match and brings food."

The number of two singles players is a sophomore Tara Pasquale, who was 30-2 and conference rookie of the year 2001. She's dynamic, a strong, extremely competitive player," Freedman said. "Plus she plays doubles with Tori. I call them TNT, my explosion team."

Sebla Eyubaglu came to Johnson & Wales from Istanbul, Turkey. (The school has a recruiting office in Istanbul and her mother was the tennis coach.

Hockey Team Seeks Skating Mascot

courtesy of Athletic Department

Johnson & Wales hockey coach Lou Izzi is looking for a student to serve as mascot for the 2002-03 season. Beginning Nov. 10, the team plays 10 home games, mostly on weekend nights, at the Rhode Island Sports Center, located approximately eight miles northwest of Providence on Route 146.

The mascot will wear the Wildcat costume and skate onto the ice to lead the players before the beginning of each period. The



mascot will remain on the ice for a couple minutes, waving the school flag and leading the crowd in cheers. While the match is in progress, the mascot will roam the crowd, talking to fans and perhaps handing out promotional material.

For those who prefer not to dress up, Izzi is also looking for two team managers and a student to film the home matches. For further information,

contact Izzi at 598-1603.

Wanted:

A Wildcat On ICE

For more info contact
Coach Izzi at 598-1603

RIPTA: ACE Petitions

From page 1

"They need to have buses later on in the evening, like past 8[pm], or at least 12 midnight on the weekends"

Student concerns stem from safety, but more importantly they are derived from the bus schedule. A concerned ACE students speaks out, "They need to change the transportation system because it takes us almost 45 minutes just to get downtown. And on the weekends, we need more JWU buses because the first JWU bus that comes out here on the weekends begins at around 7pm....that is just lazy."

During the first weeks of the trimester students complaints were sent directly to the Rhode Island Transportation Authority. Complaint after complaint until something had to be done.

"As of September 23, 2002 RIPTA will be adding express service between ACE and Gaebe Commons in response to student concerns." The Rhode Island Transportation Authority continues, "The service will be provided on the #8 Jefferson Boulevard route because of routing limitations students will be asked to board and alight this service at the bust stop Montibello Street [The street between the Radisson Hotel and the National Car Rental] right near the corner of Post Road."

Homecoming: JWU's Mardi Gras

From page 1

"I am excited to see the result of all the hard work student groups have been putting into their floats," Assistant Director of Student Activities, Scott Lyons said. "They work hard for those cash prizes."

Saturday continues with the King's Day Luncheon in the Harborside Academic Center main parking lot, while some parents take the opportunity to interact with the Deans from the Colleges of Business, Culinary, Hospitality, and Schools of Technology and Arts & Sciences in an open forum. J&W's world-renowned chef-instructors are scheduled to demonstrate a wide range of techniques for families as well.

That evening, the Harborside Recreation center will be transformed into the Big

Easy for a Mardi Gras style Carnival. Students and parents will have the chance to try their luck at Black Jack, Roulette, Caribbean Stud Poker, and much more. The event will feature live music, dancing, desserts and a chance to win great prizes.

Some students and families will complete their Homecoming and Family Weekend experience with a tour of Newport, Rhode Island or with a wine tasting tour at Sakonnet Vineyards.

With such a wide range of activities planned, students and their families are bound to be kept busy and enjoy this year's Family Weekend and Homecoming.



Craig Karges, an extraordinary Illusionist Rhode Island or with a wine tasting tour at Sakonnet Vineyards.

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Harborside: Paramount Bldg (Oct. 2002)
Phone: (401) 598-1140
Email: pvd.sasharborside@jwu.edu

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8:30AM - 4:30PM
8:00AM - 12:00PM

MONDAY-THURSDAY
FRIDAY
SATURDAY

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2002-2003 Senate Meeting Dates

All meetings are at 2pm in the Presentation Room at University Hall unless indicated with an asteric (*) denotation the meeting will take place at 2pm in the Recreation Center Conference Room.

September 15	January 26
September 29	February 9
October 13	March 9
October 27	March 23*
November 10*	April 6
December 8	April 27
January 12*	May 11

Albert Hilliard Crystal Lee Chapman
Student Body President Executive Vice President

Student Government Association
Located on the first floor, Citizens Bank Center for Student Involvement
598-1091 * jwusga@yahoo.com

Attn: Seniors

Plan your own end of the year Celebration
Call Today
Senior Class Secretary
Senior Class Treasurer
Student Government Association

Attn: Juniors

Earn More MONEY (for your class)
Apply Today
Junior Class Secretary
Junior Class Treasurer

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Located on the first floor, Citizens Bank Center for Student Involvement

S H A D O W M E M B E R S

Shadow members, are the newest positions members of the student body can hold. These positions will be filled after the election for those that are still interested in being apart of SGA.

Upon taking the position shadow members will then be placed with a current member of the Student Government or with a committee.

***Duties of the shadow member will/may include:**

1. Working with assigned member or committee
2. Attending meetings with assigned member or committee
3. Office Hours

There will be opportunities for advancements, if vacancies within the senate arises shadow member can be appointed to that position and become official members of the Student Government Association.



"To achieve the perfect campus we need the perfect government"

Attn:
HARBORSIDE STUDENTS
Fight for your rights!!!

Act Now

Harborside Campus Affairs Senator

Student Government Association
located on the first floor, Citizens Bank Center for Student Involvement
598-1091 *jwusga@yahoo.com

Take the Pledge to Vote

Each Election Day, we have the chance to protect our freedom and shape our future by voting. Sadly, too many of us stay away from the voting booths. Election 2000 is proof- roughly half of eligible Americans chose not to vote. In 1998, the last non-presidential campaign, only 36% of our country's citizens went to the polls. The problem is particularly severe among young voters. In 2000 youth voter turnout hit a record low for presidential elections, and in 1998 less than 20% of those aged 18-24 went to the polls.

Too many citizens have opted out of the process that creates our government - the one institution that should serve and unite all Americans. The steady four-decade decline in democratic participation crosses gender, ethnic and generational lines. Even now, when patriotic spirit is running high, voter turnout is shamefully low. A recent study by the Committee for the Study of the American Electorate found that only 16% of eligible voters went to the polls in 16 states holding primary elections in 2002.

Vote for America- Rhode Island is a non-partisan, non-profit organization that unites citizens from all walks of life in a shared campaign to raise voter turnout. This unique organization works to strengthen our nation by asking people of all ages, backgrounds and political beliefs to commit to voting through Pledge to Vote Drives. Vote for America- Rhode Island intends to educate and motivate 100,000 Additional voters - who did not vote in the 1998 elections - to go to the polls in November.

If you need information on the upcoming November 5 election or you are interested in finding out how your vote can make a difference, contact the Student Government Office. We can also supply you with Pledge to Vote cards, voter registration material, and information on issues and candidates in the upcoming election.

Contact the Student Government Association in the CBCSI building 1st floor.
598-1091, ask for Executive Vice President, Crystal Lee Chapman.

You can also contact Vote for America - Rhode Island directly at (401) 222-3636 x 339, or www.VoteforAmerica.org.

Attention Harborside Students

We are pleased to announce the following student services will be open at the Paramount Building on the Harborside Campus in mid-October 2002.

Student Service	Hours of Operation
Residential Life	Monday-Friday 8:30 am – 4:30 pm
Career Development	Monday-Thursday 8:30 am – 8:00 pm Friday 8:30 am – 4:30 pm
IDs and Nametags	Monday-Thursday 8:30 am – 6:00 pm Friday 8:30 am – 4:30 pm Saturday 8:00 am – 12:00 pm
Student Academic Services (Registrar and Academic Counseling)	Monday-Thursday 8:30 am – 6:00 pm Friday 8:30 am – 4:30 pm Saturday 8:00 am – 12:00 pm
Student Financial Services (Financial Planning, Cashier, Student Paycheck Distribution)	Monday-Thursday 8:30 am – 6:00 pm Friday 8:30 am – 4:30 pm

The Harborside Library and Learning Center are now open at the Paramount Building.

H O R O S C O P E S



ARIES (March 21 to April 19) A change that you'd hoped for is down the line. But you still need to be patient until more explanations are forthcoming. Continue to keep your enthusiasm in check.

TAURUS (April 20 to May 20) Your social life expands as new friends come into your life. But while you're having fun, your practical side also sees some positive business potential within your new circle.

GEMINI (May 21 to June 20) Your workplace situation continues to improve. Look for advantages you might have missed while all the changes were going on around you. That trusted colleague can help.

CANCER (June 21 to July 22) Resist the urge to hunker down in your bunker until things ease up. Instead, get rid of that woe-is-me attitude by getting up and getting out to meet old friends and make new ones.

LEO (July 23 to August 22) Now that you're back enjoying the spotlight again, you should feel re-energized and ready to take on the challenge of bringing those big, bold plans of yours to completion.

VIRGO (August 23 to September 22) A former friend would like to repair a relationship you two once enjoyed. Your positive response could have an equally positive impact on

your life. Think about it.

LIBRA (September 23 to October 22) Resist making impulsive decisions. Stay on that steady course as you continue to work out workplace problems. Be patient. All will soon be back in balance.

SCORPIO (October 23 to November 21) You might feel confident about taking a promising offer, but continue to be alert for what you're not being told about it. Don't fret. Time is on your side.

SAGITTARIUS (November 22 to December 21) People dear to you might be planning a way to show appreciation for all you've done for them. Accept the honor graciously. Remember: You deserve it.

CAPRICORN (December 22 to January 19) Congratulations. Your self-confidence is on the rise. This could be a good time to tackle those bothersome situations you've avoided both at home and at work.

AQUARIUS (January 20 to February 18) You feel obligated to return a favor. (Of course, you do.) But heed advice from those close to you and do nothing until you know for sure what's being asked of you.

PISCES (February 19 to March 20) Your loving reassurance helped revive a once-moribund relationship. But be wary of someone who might try to do something negative to reverse this positive turn of events.

BORN THIS WEEK: You are a wonderful matchmaker who can bring people together to form long-lasting relationships.

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Student Discounts



10 Sun Bed Visits for \$25
Plus (1) Free Solaris Visit*

Offer Available until Nov. 30, 2002
*See Salon Operator for Details

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KARL ROVE SEARCHES FOR THE ADMINISTRATION'S ECONOMIC VOICE...

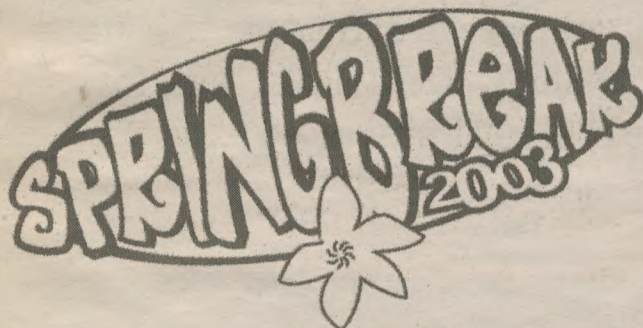


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Creating Excellent Organizations

2002-2003

- Challenge yourself to examine roles and responsibilities
- Develop contacts with other student leaders, administration, faculty, and staff
- Learn creative ways to add some spice back to your organization
- Identify ways to better manage your precious time

ATTEND THIS YEAR'S CEO SERIES!!

Monday, October 7, 2002	Student Leadership 101-Time Management
Monday, November 12, 2002	Recruitment & Retention
Monday, December 9, 2002	Creative Problem Solving
Monday, January 13, 2002	Successful Program Planning
Monday, February 10, 2002	Put the FUN in Fundraising
Monday, March 17, 2002	Revising & Rewriting a Constitution
Monday, April 14, 2002	Revitalizing Your Organization

****All workshops held in Pepsi Forum on the following dates, from 5:30pm - 6:30pm****

Any Johnson & Wales student leader is welcome to join in our CEO Certificate Recognition program.

Personal Leadership Certification- Attend at least six (6) workshops

Organization Leadership Certification- Attend all seven (7) workshops
Minimum of 2 members must attend each of the 7 workshops in order to qualify for the certificate

Please complete this portion and submit to Scott Lyons, Assistant Director of Student Activities by Friday, October 4th. The office is located on the 2nd floor of the Citizens Bank Center for Student Involvement. For more information call 598-2804 or email slyons@jwu.edu.

Name _____

Date _____

Organization _____

Phone _____

Email _____

- ☐ I would like to register for the CEO Series and receive the Personal Leadership Certificate
- ☐ I would like to register for the CEO Series and receive the Organizational Leadership Certificate
 Please list all organization members that will be attending the workshops on the back of this form.